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But...



**No need to answer that question.**

Really.

Frankly, I don't want to know.

But it's a question worth asking all the same.

Because the answer says everything about you.

But what?

Ah, yes.

**The million dollar question.**

Well...

Think about it.

Pay attention.

Listen closely...

**Do you feel policed by societal norms...**

**Even when you're by yourself?!**

You know what that means?

It means you're **overly domesticated**.

Domestication isn't something people think about.

We're so used to it.

It's everywhere.

Society has it so backward...

You've lost your way.

You've forgotten about your right...

To stand on this earth.

To claim the dirt under your feet.

To declare it loudly.

Proudly.

**And dare anyone to take it.**

**We're too busy being polite...**

*"Oh no. I'm fine." (You're not) "Are you sure?"*

*"Of course. I swear." (Lying piece of shit.) "So you'll take on this massive burden?"*

*"Absolutely." (Sheep!) You hate them.*

You hate yourself.

And you have new problems.

**WHY?**

I almost always said yes...

When I wanted to say no.

Make it make sense.

☞ Why couldn't I be a straight shooter?

☞ Why couldn't I give people the unvarnished truth?

☞ What's with all the fake politeness?

It's ridiculous.

Think about it...

When you're so domesticated...

So brainwashed...

## **Your politeness becomes a liability...**

You know...

Your goose is cooked.

I hate to break it to you...

But you already drank the Kool-Aid.

Not convinced?

I have to spell it out.

In what world is it possible...

That society's "rules" could force you to act against your best interests?

Insanity.

Yet, we live and breathe it.

It's all we know.

It's so obvious that it became invisible.

Another profound insight I've recently discovered.

If someone is treating me badly...

I'm NEVER going to let them in.

Even when the "bad" treatment is socially acceptable.

Even when it's subtle.

Hard to detect.

Or, even when they're mostly being harmless...

But honoring them means I have to abandon myself.

Sorry, not sorry.

No exceptions no matter how much it upsets you.

I will NEVER lie to make you happy.

I went my whole life being a people pleaser.

Avoiding conflict at all costs.

Sacrificing myself because I was too afraid to offend.

**It was an addiction so perfect...**

**It never dawned on me that there might be a better way.**

Yet, I finally healed.

Now, the path is obvious.

Now, the way is clear

Some may complain...

But you know what's NEVER going to happen?

**I will never be manipulated into betraying myself again.**

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Until next time,

***Anton***

Dancer, Writer, Buddhist.

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